Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

- 1. (Currently Amended) A heater comprising:

 a plate including a heating surface which heats an object to be heated; and
 a resistant-resistance heater element provided in the said plate, the resistantsaid
 resistance heater element including comprising a continuous wiring pattern with
 including a plurality of flexures, and including a uniform thermal uniform pattern part
 which improves portion, wherein an area between radially adjacent flexures is
 controlled to improve thermal uniformity between one flexure and another flexure
 adjacent theretosaid adjacent flexures.
- 2. (Currently Amended) A heater comprising:

 a plate including a heating surface for heating an object to be heated; and
 a resistant-resistance heater element provided in the-said plate, the resistant said
 resistance heater element having comprising a continuous wiring pattern with
 including a plurality of radially sequential wirings having a plurality of radially
 adjacent folding parts, in which a space;

wherein a first distance between said radially adjacent wirings before folding and after folding with respect to each of the folding parts is approximately the same as a width L3 in a first region of said wiring pattern other than the a second region of said wiring pattern proximate said folding part and the vicinity thereofparts is substantially constant, and is made wider than the width L3 at the wherein a second distance between said radially adjacent wirings in said second region is greater than said first distance folding part and in the vicinity thereof.

- 3. (Currently Amended) The heater according to claim 2, wherein the said folding part includes an approximately parts include a substantially linear connection part and corners provided at both ends of the said connection part.
- 4. (Currently Amended) The heater according to claim 3, wherein, in the folding part, at least one of the said corners includes an approximately round of said folding part is substantially rounded and swollen part protruding outward to protrude outwardly.
- 5. (Currently Amended) The heater according to claim 2, wherein, in the wiring pattern, the space said second distance between the wirings before folding and after folding with respect to each of the folding parts becomes gradually wider as the wiring moves closer to the folding partingreases in the vicinity of the toward said folding part.
- 6. (Currently Amended) The heater according to claim 2, wherein, in the said wiring pattern, further comprises two terminals are disposed in the a center of the said plate and a plurality of arc wiring parts portions that are concentrically disposed in concentric eircles, which are axisymmetric to a center line of the said plate, are included.
- 7. (Currently Amended) The heater according to claim 2, wherein the resistant said resistance heater element is embedded in the said plate.
- 8. (Currently Amended) The heater according to claim 2, wherein the said plate is made of ceramics comprises a ceramic.
- 9. (Currently Amended) The heater according to claim 8, wherein the eeramies said ceramic is aluminum nitride.

- 10. (Currently Amended) A heater comprising:
- a plate including a heating surface which heats an object to be heated and having at least one hole formed therein;
- —at least one of holes which penetrate the heating surface in a vertical direction or have a depth in the heating surface; and

a resistant-resistance heater element provided in the said plate, the resistantsaid resistance heater element includes comprising a continuous wiring pattern with including a plurality of flexures, the wiring pattern includes multiple rows of wiring parts having and a plurality of curved portions which avoids the holes around the holes and avoid said at least one hole, each said curved portion having a radii-radius of curvature in the curved portions of the multiple rows of wiring parts gettingthat sequentially larger as they move away from the increases as a respective distance between each said curved portion and said at least one hole increases.

- 11. (Currently Amended) The heater according to claim 10, wherein the said flexure is a flexures are folding part parts of said wiring, in which a space pattern, wherein a first distance between the radially adjacent wirings before folding and after folding with respect to each of the folding parts is approximately the same as a width L3 of said folding parts in a first region of said wiring pattern other than the a second region of said wiring portion proximate said folding part and the vicinity thereof parts is substantially constant, and wherein a second distance between said radially adjacent wirings in said second region is made wider than the width L3 at the folding part and in the vicinity thereof greater than said first distance.
- 12. (Currently Amended) The heater according to claim 10, wherein the resistant heatersaid resistance element is embedded in the said plate.
- 13. (Currently Amended) The heater according to claim 10, wherein the said plate is made of ceramics comprises a ceramic.

- 14. (Currently Amended) The heater according to claim 13, wherein the eeramiessaid ceramic is aluminum nitride.
- 15. (Currently Amended) A heater comprising:

a plate including a heating surface which heats an object to be heated; and
a resistant resistance heater element provided in the said plate, wherein the
resistant said resistance heater element includes comprising a wiring pattern in
which including a plurality of concentrically disposed element lines having terminals
for input/output of electric power are concentrically disposed, each of the said element
lines includes line including a winding pattern;

wherein at least one said element line passes between the said terminals by means of a flexure; and

the wherein said flexure has includes a swollen partportion that curves in an asymptotic direction with respect to at least one of an adjacent portion of adjacent any of the same element line and said at least one element line and an adjacent portion of another adjacent element line.

- 16. (Currently Amended) The heater according to claim 15, wherein the said adjacent portion of the said another adjacent another element line is the a flexure of the said another adjacent element line.
- 17. (Currently Amended) The heater according to claim 15, wherein the said adjacent portion of the same said at least one element line is a terminal end of a connection part of the same said at least one element line.
- 18. (Currently Amended) The heater according to claim 15, wherein the resistants aid resistance heater element is embedded in the said plate.

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(Currently Amended) The heater according to claim 19, wherein the 20. ecramics said ceramic is aluminum nitride.